

Thank you for registering for the 11th Annual Susco 8K: Running With Tim, benefitting the Brain Aneurysm Foundation and the Washington Regional Transplant Community. We are looking forward to a great race day on Saturday and thrilled to be hosting all you runners and walkers for this special and exciting event.

The forecast for Saturday morning has improved and while it may be rainy, it looks like the brunt of Florence will not affect race day. We are continuing to monitor the forecast and if the situation changes, we will post any updates on the race webpage (www.susco8k.com) and our Facebook page (www.facebook.com/susco8k).

As of Thursday night, we are operating under the assumption that this year's race will proceed as normal. However, the safety of our runners, walkers, spectators, and volunteers is of the utmost importance to us. The decision to hold the race or cancel is not one we take lightly and we must consider everyone's safety not only during the event but also in traveling to and from the event. In addition, we must coordinate with other entities, including local police and South Lakes High School, who may make decisions that force us to change course. In the event that this year's race must be canceled due to severe weather, we will do our best to make sure that that decision is relayed on our website in a timely manner. In any event, we certainly want to encourage runners and walkers to make their own decision regarding their comfort level with traveling to the race on Saturday. Our goal is to provide a safe and fun race for everyone in order to best achieve our mission to raise awareness and donations for two wonderful charities.

There is very important race information below, some of which has changed since last year's race, so please read through this entire email carefully.

Race Day Information

The 11th Annual Susco 8K and 2K will take place at South Lakes High School in Reston, Virginia. The 8K run will begin at 8:30am and the 2K fun walk for all ages will begin at 8:35am. Opening ceremonies will begin approximately 10 minutes prior the start of the 8K.

Packet Pick-Up

There are two packet pick-up options. Presenting Sponsor Reston Hospital Center will again be hosting packet pick-up on Friday, September 14th. However, due to construction, there are significant changes to early packet pick-up this year. Packet pick-up will be available between 3:00PM and 6:00PM in the lobby of the Reston Hospital Medical Plaza. Although this building is on the Reston Hospital Campus, it is a SEPARATE building from the main building where packet pick-up has been in years past. The address of the Medical Plaza is 1830 Town Center Parkway, Reston VA 20190. There will be free parking behind the building or in the parking garage adjacent to the building. There is additional information plus a link to a map of the building's location on the website: http://susco8k.com/race_information

Packet pick-up is also available on race morning at South Lakes High School and will begin at 7:00AM.

Late Registrations

There are still open spots available for any additional runners and walkers you know that want to join us on race day. While online registration has closed, individuals can still register at packet pick-up on Friday at Reston Hospital Medial Plaza (see above for information regarding the location change for late registration on Friday with packet pick-up) and on race day at South Lakes High School. Please note, however, that credit cards can not be accepted for late or race-day registrations; cash or check only.

Parking

There will be plenty of parking at South Lakes High School on race day. There are lots in front and behind the school, both of which are accessible from South Lakes Drive. The lot in back of the school is much bigger and is adjacent to the stadium.

Water and Food

There will be a water stop at approximately the halfway point of the 8K. There also will be plenty of water and food available at the finish line before and after the race.

Award and Prizes

In addition to the cash awards and gift certificates for top finishers, door prizes will be randomly drawn during the race. We will have an "Awards Board" near the finish line with all the winners listed. We have a lot of great door prizes from local sponsors, so make sure you check the board to see if you are a winner.

Team Pictures

Whether you are participating with a team of 2 or a team of 20, we would like to capture photos of you and your team before or after the race. Any photos we take will be made available after the race through our website and our Facebook page.

Any additional information can be found at www.susco8k.com. If you have any questions, please contact susco8k@gmail.com.

We are looking forward to a great day on Saturday and a successful event for everyone involved. Thank you again for participating in the Susco 8K and for supporting brain aneurysm research and organ donation awareness.